

# Senior Center Menu January 2021

Lunch served from 11:30 AM - 1:00 PM

Please call your center the day before to make a lunch reservation for the next day.

Meals available for Seniors 60+ and must be a member. Call your local Senior Center for details.

Monday	Tuesday	Wednesday	Thursday	Friday
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 <p style="text-align: center;"><b>Suggested Donation: \$3.00</b></p> <p style="text-align: center;">Donations can be made online at  <a href="https://slco.org/aging-adult-services/donation/">https://slco.org/aging-adult-services/donation/</a></p>				<p style="text-align: center;"><b>Happy New Year!</b></p> <p style="text-align: center;"><b>Center Closed</b></p>
4	5	6	7	8
<p><b>Beef Chili w/Beans</b></p> <p>Whole Wheat Roll                      Mix Vegetable Blend                      Peas                      Creamsicle Pudding</p>	<p><b>Salisbury Steak (Birthday Meal)</b></p> <p>Whipped Potatoes w/Brown Gravy                      Green Beans                      Stewed Tomatoes                      Seasonal Fresh Fruit                      Frosted Birthday Cupcake</p>	<p><b>Pork Roast w/Brown Gravy</b></p> <p>O'Brien Potatoes                      Mix Vegetable Blend                      Brussels Sprouts                      Fruit Gelatin</p>	<p><b>BBQ Baked Chicken Breast</b></p> <p>Diced Parslied Potatoes                      Mixed Green Salad                      Mix Vegetable Blend</p>	<p><b>Elbow Macaroni &amp; Swedish Meatballs</b></p> <p>Whole Wheat Roll                      Green Beans                      Fruit Cocktail                      Peanut Butter Cookie</p>
11	12	13	14	15
<p><b>Baked Chicken w/ Poultry gravy</b></p> <p>O'Brien Potatoes                      Mix Vegetable Blend                      Seasonal Fresh Fruit</p>	<p><b>Pork Fried Rice</b></p> <p>Mixed Green Salad                      Broccoli                      Peach Crisp</p>	<p><b>Turkey Tetrazzini</b></p> <p>Green Peas                      Mix Vegetable Blend                      Oatmeal Raisin Cookie</p>	<p><b>Spaghetti &amp; Meatballs</b></p> <p>Whole Wheat Roll                      Mix Vegetable Blend                      Spinach</p>	<p><b>Sliced Ham w/ Pineapple Sauce (MLK Special Meal)</b></p> <p>Mashed Sweet Potatoes                      Green Beans                      Harvested Beets                      Brownie</p>
18	19	20	21	22
<p><b>Martin Luther King Day</b></p> <p style="text-align: center;"><b>Center Closed</b></p>	<p><b>Sweet &amp; Sour Chicken Breast</b></p> <p>Steamed Rice                      Mix Vegetable Blend                      Posy Pears                      Banana Pudding</p>	<p><b>Beef Stew</b></p> <p>Whole Wheat Roll                      Broccoli                      Whole Kernel Corn                      Seasonal Fresh Fruit</p>	<p><b>Lemon Pepper Chicken</b></p> <p>Roasted Red Potatoes                      Mixed Green Salad                      Green Beans                      Orange Fruit Gelatin</p>	<p><b>Breaded Fish</b></p> <p>Wild Rice                      Mixed Vegetable Blend                      Fresh Oranges</p>
25	26	27	28	29
<p><b>Italian Chicken Breast</b></p> <p>Diced Potatoes                      Mix Vegetable Blend                      Seasonal Fresh Fruit                      Chocolate Chip Cookie</p>	<p><b>Turkey a la King</b></p> <p>Whipped Potatoes                      Broccoli                      Green Peas &amp; Carrots                      Vanilla Pudding</p>	<p><b>Chicken Cacciatore</b></p> <p>Garlic Whipped Potatoes                      Mixed Green Salad                      Mix Vegetable Blend                      Mandarin Oranges</p>	<p><b>Ham &amp; Turkey Bean Stew</b></p> <p>Whole Wheat Roll                      Green Beans                      Whole Kernel Corn                      Lemon Lime Gelatin</p>	<p><b>Beef Lasagna Bake</b></p> <p>Whole Wheat Roll                      Mix Vegetable Blend                      Hot Cinnamon                      Applesauce</p>

Some items may be subject to change due to product availability | All meals served with 8 oz milk and appropriate condiments